

**Fleshood Chiropractic, P.C.**

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Hi!

My name is Dr. Kell Fleshood. I have been the owner and operator of Fleshood Chiropractic since 1984. Over the past 28 years, I have treated lots of hairdressers and barbers. Your job is a very demanding job that requires a lot of standing and repetitive motion. Research has shown that hairdressers and barbers have chronic lower back problems, neck and shoulder problems; including tightness, pain, limited range of motion and also carpal tunnel syndrome from repetitive use of scissors and combs. Hairdressers and barbers also lock their knees while standing for long periods of time. This creates undo stress on hip joints, knees and the lower back creating chronic lower back problems. You also tend to have rounded shoulders from the type of work you do.

Here at Fleshood Chiropractic, our goal is to educate and adjust as many families as possible toward optimal health using natural chiropractic care; and therefore, we have designated August 22, 2011 as "Hairdresser and Barber Day". What this means is that on August 22<sup>nd</sup>, we are seeing hairdressers and barbers for a special exercise session. We will teach you exercises to improve your posture, strengthen your stomach muscles and increase the flexibility of your lower back. It has been proven that regular exercising in this manner can improve your condition and your posture immensely. Our exercise session will be from 1:00 p.m. till 2:00 p.m. at our office at 107 North Brunswick Avenue. Reservations are required as space is limited. Please call to reserve your spot.

Also, on August 22<sup>nd</sup> if you have considered going to a chiropractor, this is a great opportunity to get yourself checked. On that day, in appreciation of all hairdressers and barbers, you can get a complete examination; including posture analysis, weight balance, biophysical exam, range of motion study and xrays for only \$45.00 ( normally \$255.00 – a \$210.00 savings). Also, on that day we will donate \$25.00 of that \$45.00 to the Susan G. Komen Breast Cancer Awareness Foundation to help find a cure for breast cancer.

Please take this opportunity to have yourself checked to find out about the wellness associated with chiropractic, learn good exercises to improve your posture and improve your health.

Call and make your appointment today and schedule for the exercise class - 434-447-8996.

Looking forward to seeing you,

Kell W. Fleshood, D. C.